Book 1

Title: Dealing with panic attacks

BismilLahirRahmaanirRaheem

In the Name of Allah, The Entirely Merciful, The Especially Merciful

Text/ Matn

1. Turn back to Allah immediately, and follow the Qur aan and sunnah, according to the understanding of the Sahaabah

- Wa Allahu A'lam
- And Allah knows best
- AlhamdulilLah, wassalaatu wassalaam 'alaa RasuulilLah
- All praises belong to Allah, and May the salaat and salaam be upon the Messenger of Allah(Muhammad- Sallallahu 'aleihi wasallam- peace be upon him)